

# Tips for Talking to Your Healthcare Provider About the GeneSight® Psychotropic Test

A good patient-clinician relationship should work like a partnership. Take an active role in finding the solution that works best for you.

Here are some tips to help you build a partnership with your doctor to get the genetic insights that may be helpful in your treatment. Start the conversation about the GeneSight Psychotropic test today.



## Be Prepared

Take along any information the doctor or staff may need to see, like names and contact information of your other clinicians, medical records showing past or current medications and this *GeneSight Doctor Discussion Guide*.



## Be Open and Confident

Don't be afraid to share how your current depression treatment is working for you and where it may be falling short.



## Bring a Friend

The support of a friend or family member can help facilitate the conversation with your doctor and help act as a co-advocate for your care at your next appointment.



## Discuss Ordering the Test

If you believe the GeneSight test is right for you, discuss the next steps with your doctor. Your doctor can order and conduct the test for you. You'll be able to review your test results at your next appointment.

Use these tips to prepare for your visit and share the accompanying materials with your doctor.

**Finally, hope is here.**

# Preparing For Your GeneSight® Test Discussion.

First and foremost, remember that your doctor is on your side. You both want what's best for you, and helping you successfully manage your condition is everyone's top priority. So just be open and honest.

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To make the most of your time spent with your doctor, take a moment to list your current and past medications, as well as your concerns about them. Prior to your appointment, please request and bring along any prior medical records from other doctors you may have seen in the past.

## List the medications you and your doctor have tried.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## What side effects (if any) are you currently experiencing?

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## Four things you can tell your healthcare professional about the GeneSight test:

- The test analyzes my genes to help find the medications that may be right for me.
- More than 400,000 people have been tested with GeneSight tests.
- In only 36 hours, we could have the test results back to your doctor.
- Many healthcare plans, including Medicare and Medicaid, cover the test, and Assurex Health offers a financial assistance program to help make it affordable for those who qualify, if my plan won't cover it.

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## For your healthcare professional.

To order the GeneSight test, call our sales team, [866.260.2394](tel:866.260.2394). For more information or to see if the GeneSight test may be right for your patient, call our medical information team, [855.891.9415](tel:855.891.9415), or visit our website, [GeneSight.com](http://GeneSight.com).

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# GeneSight® Healthcare Professional Quick Guide

## Welcome

Your patient has downloaded these materials to help facilitate a discussion with you about potentially using the GeneSight test to assist you in guiding their treatment.

### What is the GeneSight® Psychotropic test?

The GeneSight test is a clinically proven, genetic-based decision support tool that can help you get your patients on the right depression medications faster than treatment as usual.

**2X** THE CHANCE TO FIND AN EFFECTIVE MEDICATION<sup>1</sup>      **70%** GREATER IMPROVEMENT IN DEPRESSIVE SYMPTOMS<sup>1</sup>

**99%** of major depressive disorder medications

**96%** of general anxiety disorder medications

**90%** of bipolar disorder medications

To see a complete list of all medications covered by the GeneSight test, visit: <https://genesight.com/treatedmedications>

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**GeneSight.com**

The GeneSight® test is used by more than 15,000 healthcare professionals to unlock hope.

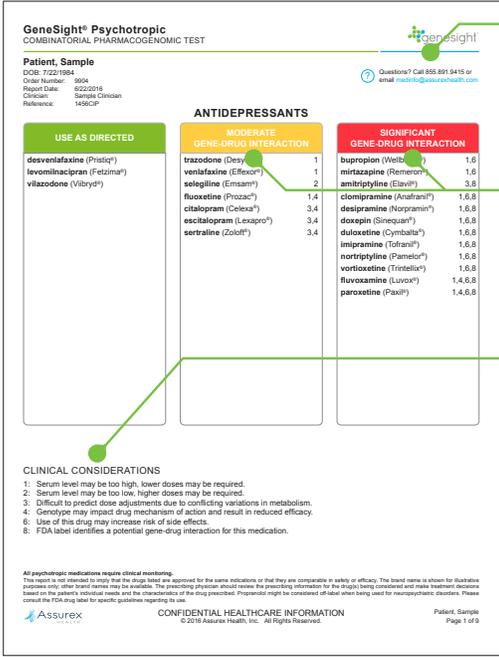
The development of the GeneSight test in our clinical laboratory was based on technology licensed through our partnership with the Mayo Clinic, renowned for its innovation and research, and Cincinnati Children's Hospital Medical Center, ranked third best children's hospital in the U.S.



<sup>1</sup>Hall-Flavin DK, Winner JG, Allen JD, Carhart JM, Proctor B, Snyder KA, Drews MS, Eisterhold LL, Geske J, Mrazek DA. Utility of integrated pharmacogenomic testing to support the treatment of major depressive disorder in a psychiatric outpatient setting. *Pharmacogenetics and Genomics*. 2013;23(10):535-548

# A Single Report. Personalized For Your Patient.

You'll receive the most comprehensive neuropsychiatric information in a single GeneSight® test report, helping you select medications best suited genetically for your patient.



**GeneSight® Psychotropic**  
COMBINATORIAL PHARMACOGENOMIC TEST

**Patient, Sample**  
DOB: 1/22/1984  
Order Number: 8904  
Report Date: 8/22/2016  
Clinician: Sample Clinician  
Reference: 145BCP

**ANTIDEPRESSANTS**

USE AS DIRECTED	MODERATE GENE-DRUG INTERACTION	SIGNIFICANT GENE-DRUG INTERACTION
desvenlafaxine (Pristiq®)	trazodone (Desyrel®) 1	bupropion (Wellbutrin®) 1,6
levomefascipran (Fetzima®)	venlafaxine (Effexor®) 1	mirtazapine (Remeron®) 1,6
vilazodone (Viibryd®)	sertraline (Zoloft®) 1,4	amitriptyline (Elavil®) 3,8
	fluoxetine (Prozac®) 1,4	clomipramine (Anafranil®) 1,6,8
	citalopram (Celexa®) 3,4	desipramine (Norpramin®) 1,6,8
	escitalopram (Lexapro®) 3,4	doxepin (Sinequan®) 1,6,8
	sertraline (Zoloft®) 3,4	duloxetine (Cymbalta®) 1,6,8
		imipramine (Tofranil®) 1,6,8
		nortriptyline (Pamelor®) 1,6,8
		vortioxetine (Trintellix®) 1,6,8
		fluvoxamine (Luvox®) 1,4,6,8
		paroxetine (Paxcr®) 1,4,6,8

**CLINICAL CONSIDERATIONS**

1. Serum levels may be too high; lower doses may be required.
2. Serum level may be too low; higher doses may be required.
3. Difficult to predict dose adjustments due to conflicting variations in metabolism.
4. Genotype may impact drug mechanism of action and result in reduced efficacy.
5. Use of this drug may increase risk of side effects.
6. FDA label identifies a potential gene-drug interaction for this medication.

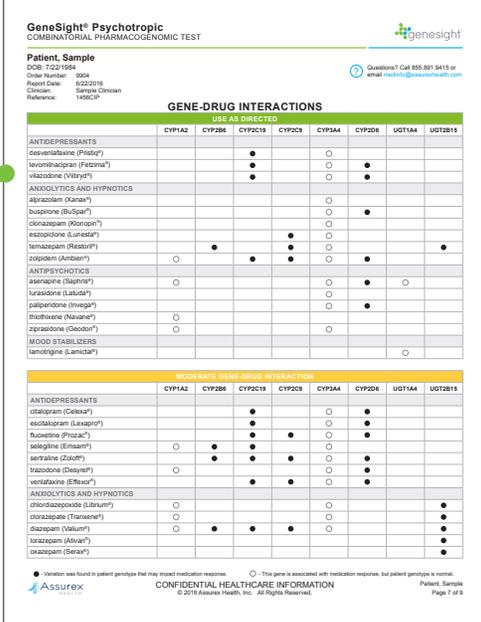
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Genetic counselors and PharmD's available for consultation

Revised medication categorizations to highlight level of gene-drug interaction

Clinical considerations to guide understanding

Genetic insight into metabolic pathways and gene-drug interaction



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**GENE-DRUG INTERACTIONS**

GENE-DRUG INTERACTIONS	CYP1A2	CYP2B6	CYP2C19	CYP2C9	CYP3A4	CYP2D6	UGT1A4	UGT2B15
<b>ANTIDEPRESSANTS</b>								
desvenlafaxine (Pristiq®)			●			○		
levomefascipran (Fetzima®)			●			○		
vilazodone (Viibryd®)			●			○	●	
<b>ANXIOLYTICS AND HYPNOTICS</b>								
alprazolam (Xanax®)						○		
clonazepam (Klonopin®)							●	
clonazepam (Klonopin®)							●	
esazopidone (Lunesta®)						○		
temazepam (Restoril®)						○		
zolpidem (Ambien®)			●	●		○		●
<b>ANTIPSYCHOTICS</b>								
asenapine (Saphris®)	○					○	●	○
lorazepam (Lorazepam®)						○		
gabapentin (Gabapentin®)						○	●	
thiothixene (Navane®)	○							
ziprasidone (Geodon®)	○					○		
<b>MOOD STABILIZERS</b>								
lamotrigine (Lamictal®)								○

**MODERATE GENE-DRUG INTERACTION**

MODERATE GENE-DRUG INTERACTION	CYP1A2	CYP2B6	CYP2C19	CYP2C9	CYP3A4	CYP2D6	UGT1A4	UGT2B15
<b>ANTIDEPRESSANTS</b>								
citalopram (Celexa®)			●			○		
escitalopram (Lexapro®)			●			○		
fluoxetine (Prozac®)			●			○		
sertraline (Zoloft®)	○		●	●		○		
sertraline (Zoloft®)			●	●		○		
trazodone (Desyrel®)	○		●	●		○		
venlafaxine (Effexor®)			●	●		○		
<b>ANXIOLYTICS AND HYPNOTICS</b>								
chlorzaxepoxide (Lorium®)	○					○		●
clonazepam (Klonopin®)	○					○		●
gabapentin (Gabapentin®)			●	●		○		●
lorazepam (Lorazepam®)			●	●		○		●
oxazepam (Serax®)			●	●		○		●

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